

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 07-13-09)

Visit us at www.fns.usda.gov/fdd

A089 – BEANS, CANNED, GARBANZO, DRY, LOW-SODIUM, #10

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A canned dry garbanzo beans (chickpeas), cooked and packed in salt water.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 106 oz garbanzo beans and liquid. One #10 can AP yields 69.0 oz (about 10$\frac{2}{3}$ cups) drained, unheated beans and provides about 42.4 $\frac{1}{4}$-cup servings drained beans OR about 21.2 $\frac{1}{2}$-cup servings drained, unheated beans. CN Crediting: $\frac{1}{4}$ cup drained garbanzo beans provides 1 oz-equivalent meat/meat alternate OR $\frac{1}{4}$ cup drained garbanzo beans provides $\frac{1}{4}$ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none"> Store unopened canned pink beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned garbanzo beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Meat & Bean Group

Go lean with protein

MyPyramid.gov

Nutrition Information

Chickpeas (garbanzo), mature seeds, solids and liquids

	$\frac{1}{4}$ cup (60 g)	$\frac{1}{2}$ cup (120 g)
Calories	71	143
Protein	2.97 g	5.94 g
Carbohydrate	13.57 g	27.14 g
Dietary Fiber	2.6 g	5.3 g
Sugars	N/A	N/A
Total Fat	0.68 g	1.37 g
Saturated Fat	0.07 g	0.14 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	0.81 mg	1.62 mg
Calcium	19 mg	38 mg
Sodium	70 mg	140 mg
Magnesium	17 mg	35 mg
Potassium	103 mg	206 mg
Vitamin A	14 IU	29 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	2.3 mg	4.6 mg
Vitamin E	N/A	N/A

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Serve "as is" from the can or add to soups or recipes.
USES AND TIPS	<ul style="list-style-type: none"> • Serve garbanzo beans as a salad topping. Garbanzo beans can also be incorporated into soups and casseroles.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time. • Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • NEVER USE foods from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.